

Figure 1

First, you will be asked to complete the Compatible Lifestyle Questionnaire. The questionnaire takes about 20 to 30 minutes to complete. Initially, you complete the questionnaire describing yourself as you see yourself. Next, you complete the questionnaire as you would want your “ideal match” to complete the questionnaire.

Finally, you are ready to search among the current members for your “ideal match.” To do so, you define search parameters including an age band, geographic area, and so on, and then submit the search for your “ideal match..” You will receive search results that list the members who best fit your search parameters. In order to protect confidentiality, members are identified by their user names.

They will be ranked according to similarity between the “ideal match” responses that you chose, and how members described themselves on the questionnaire. The results will provide you with an overall percentile that corresponds to the entire questionnaire, as well as percentile scores for each of the sixteen specific compatibility scales in the questionnaire, such as “romantic style, “commitment orientation,” “personality,” and so on.

In order to correspond with other members that you find in your search, you will have to enroll as a member yourself.

Before you begin, please note that you must be 18 years of age or older to use this site. If you are not at least 18, please leave this site now.

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EXIT

## THE COMPATIBLE LIFESTYLE QUESTIONNAIRE

**J. Donald Lawson, Ph.D.**

**Not at all**

A.....B.....C.....D.....E      **Very Artistic**

**For each characteristic listed below, select the letter on the scale that best describes you.**

	Not at all				Very
Patient	A.....	B.....	C.....	D.....	E
Flexible	A.....	B.....	C.....	D.....	E
Easy going	A.....	B.....	C.....	D.....	E
Intense	A.....	B.....	C.....	D.....	E
Organized	A.....	B.....	C.....	D.....	E
Outgoing	A.....	B.....	C.....	D.....	E
Intuitive	A.....	B.....	C.....	D.....	E
Perceptive	A.....	B.....	C.....	D.....	E
Romantic	A.....	B.....	C.....	D.....	E
Cheerful	A.....	B.....	C.....	D.....	E
Spontaneous	A.....	B.....	C.....	D.....	E
Calculating	A.....	B.....	C.....	D.....	E
Supportive	A.....	B.....	C.....	D.....	E
Sexual	A.....	B.....	C.....	D.....	E
Risk taking	A.....	B.....	C.....	D.....	E
Attention seeking	A.....	B.....	C.....	D.....	E
Logical	A.....	B.....	C.....	D.....	E
Emotional	A.....	B.....	C.....	D.....	E
Impulsive	A.....	B.....	C.....	D.....	E

	Not at all			Very
Faithful	A.....	B.....	C.....	D.....E
Self indulgent	A.....	B.....	C.....	D.....E
Attentive	A.....	B.....	C.....	D.....E
Loyal	A.....	B.....	C.....	D.....E
Manipulative	A.....	B.....	C.....	D.....E
Adventurous	A.....	B.....	C.....	D.....E
Intelligent	A.....	B.....	C.....	D.....E
Responsible	A.....	B.....	C.....	D.....E
Cautious	A.....	B.....	C.....	D.....E
Predictable	A.....	B.....	C.....	D.....E
Aggressive	A.....	B.....	C.....	D.....E
Permissive	A.....	B.....	C.....	D.....E
Calm	A.....	B.....	C.....	D.....E
Ambitious	A.....	B.....	C.....	D.....E
Perfectionist	A.....	B.....	C.....	D.....E
Formal	A.....	B.....	C.....	D.....E
Deserving	A.....	B.....	C.....	D.....E
Nurturing	A.....	B.....	C.....	D.....E
Assertive	A.....	B.....	C.....	D.....E
Confident	A.....	B.....	C.....	D.....E
Considerate	A.....	B.....	C.....	D.....E
Passionate	A.....	B.....	C.....	D.....E
Compulsive	A.....	B.....	C.....	D.....E
Dependable	A.....	B.....	C.....	D.....E
Honest	A.....	B.....	C.....	D.....E
Empathetic	A.....	B.....	C.....	D.....E
Competitive	A.....	B.....	C.....	D.....E
Humorous	A.....	B.....	C.....	D.....E
Kind	A.....	B.....	C.....	D.....E
Active	A.....	B.....	C.....	D.....E
Punctual	A.....	B.....	C.....	D.....E

## CONFLICT RESOLUTION STYLE

Using the same rating approach as above, indicate the degree to which you agree to the following statements.

	Strongly Disagree	Strongly Agree
I prefer to deal with disagreements directly	A.....B.....C.....D.....E	
I prefer to deal with disagreements indirectly	A.....B.....C.....D.....E	
I prefer to avoid dealing with disagreements	A.....B.....C.....D.....E	
It is a good idea to discuss the disagreement that I'm having with my partner with a friend or family member so that I can get their advice	A.....B.....C.....D.....E	
It is a good idea to discuss the disagreement that I'm having with my partner with a friend or family member so that they can intervene	A.....B.....C.....D.....E	
When couples disagree, someone usually has to win and someone has to lose	A.....B.....C.....D.....E	
When I'm upset with my partner, the disagreement has to be resolved immediately	A.....B.....C.....D.....E	
I prefer to view disagreements as problems that usually have solutions	A.....B.....C.....D.....E	
A certain amount of conflict in relationships is normal and healthy	A.....B.....C.....D.....E	
I find it difficult to admit it when I'm wrong	A.....B.....C.....D.....E	
I find it helpful to be critical of my partner in order to make my point	A.....B.....C.....D.....E	

## ROMANTIC STYLE

Strongly  
Disagree

Strongly  
Agree

I get bored in romantic relationships unless  
there is a high degree of intensity and drama

A.....B.....C.....D.....E

I need a lot of romance in order to feel  
close to my partner

A.....B.....C.....D.....E

I prefer a high degree of physical closeness in  
romantic relationships that  
includes frequent touching

A.....B.....C.....D.....E

I prefer to spend a lot of time talking in romantic  
relationships

A.....B.....C.....D.....E

I prefer a balance of time together and time  
away from one another

A.....B.....C.....D.....E

I prefer much more emphasis on emotional  
closeness than upon sexual closeness

A.....B.....C.....D.....E

Sex is essential to maintain emotional bonds  
in romantic relationships

A.....B.....C.....D.....E

## COMMUNICATION STYLE

Strongly  
Disagree

Strongly  
Agree

I find it easy to ask for what I need

A.....B.....C.....D.....E

I have a pattern of holding in feelings and then letting them out in an inappropriate manner

A.....B.....C.....D.....E

I have difficulty saying “no”

A.....B.....C.....D.....E

I find it easy to express gratitude and to complement others

A.....B.....C.....D.....E

I have an indirect way of asking for what I want or need

A.....B.....C.....D.....E

I find it easy to express anger in an appropriate way

A.....B.....C.....D.....E

If I were upset with someone, I would be likely to discuss it with him or her

A.....B.....C.....D.....E

I use a wide range of feeling words to express how I feel

A.....B.....C.....D.....E

## COMMITMENT ORIENTATION

	Strongly Disagree	Strongly Agree
I am looking for a committed relationship that may include marriage	A.....B.....C.....D.....E	
I am looking for marriage and having a family.	A.....B.....C.....D.....E	
I prefer to date and see what happens	A.....B.....C.....D.....E	
I prefer to date more than one person at a time	A.....B.....C.....D.....E	
I am slow to trust compared to other people	A.....B.....C.....D.....E	
I need more interpersonal control than other people	A.....B.....C.....D.....E	

## FINANCIAL STYLE

I believe in saving money from every paycheck

A.....B.....C.....D.....E

It is alright to carry a balance on credit cards

A.....B.....C.....D.....E

I am careful to pay my bills on time

A.....B.....C.....D.....E

Married couples should be open with one another about their finances

A.....B.....C.....D.....E

I often spend money impulsively

A.....B.....C.....D.....E

I routinely save coupons and use them

A.....B.....C.....D.....E

When I see something I want, I often wait for it to go on sale

A.....B.....C.....D.....E

When I am stressed I tend to spend money compulsively

A.....B.....C.....D.....E

Married couples should live within a budget that they plan together

A.....B.....C.....D.....E



## PARENTING STYLE

	Strongly Disagree	Strongly Agree
Children develop responsibility and self-esteem when they are primarily given lots of love	A.....B.....C.....D.....E	
Children develop responsibility and self-esteem when their parents primarily have high expectations and use lots of discipline	A.....B.....C.....D.....E	
Children develop responsibility and self-esteem when their parents have high expectations, and use lots of love, discipline, and other reinforcers	A.....B.....C.....D.....E	
Children should have to earn most of their privileges	A.....B.....C.....D.....E	
Children are entitled to most of their privileges	A.....B.....C.....D.....E	
An important goal of parenting is to raise children who can think for themselves	A.....B.....C.....D.....E	
Children should become independent of their parents as soon as possible	A.....B.....C.....D.....E	

## SOCIAL STYLE

	Strongly Disagree	Strongly Agree
I have close ties to family members	A.....B.....C.....D.....E	
I have frequent contact with family members	A.....B.....C.....D.....E	
I have several very close friends	A.....B.....C.....D.....E	
I have frequent contact with my friends	A.....B.....C.....D.....E	
I associate mainly with same sex friends	A.....B.....C.....D.....E	
I associate mainly with friends from work	A.....B.....C.....D.....E	
I associate mainly with friends with whom I attended high school or college	A.....B.....C.....D.....E	

## PHILOSOPHICAL STYLE

	Strongly Disagree	Strongly Agree
I have strong religious beliefs that my partner must share in	A.....B.....C.....D.....E	
I have a personal philosophy that doesn't necessarily have to be shared by my partner	A.....B.....C.....D.....E	
People should devote at least an hour a week to religious activities such as attending church	A.....B.....C.....D.....E	
I believe in a power greater than ourselves	A.....B.....C.....D.....E	
I believe there is no meaning in life other than the meaning we create for ourselves	A.....B.....C.....D.....E	

## CAREER STABILITY

Strongly  
Disagree

Strongly  
Agree

I have a very stable career

A.....B.....C.....D.....E

I worry about my career stability

A.....B.....C.....D.....E

I have a very stable work schedule

A.....B.....C.....D.....E

I have control over my work schedule

A.....B.....C.....D.....E

I am considering getting into another  
line of work

A.....B.....C.....D.....E

## COPING STYLE

	Strongly Disagree			Strongly Agree
When I am stressed I tend to need my space	A.....	B.....	C.....	D.....E
When I am stressed I tend to engage in compulsive behaviors, such as eating, drinking alcohol, smoking, sex or spending	A.....	B.....	C.....	D.....E
When I have problems, I talk to my friends or family	A.....	B.....	C.....	D.....E
When I am overwhelmed with tasks that others can help with, I tend to ask others to help out	A.....	B.....	C.....	D.....E
When I am overwhelmed with tasks that others can help with, I tend to do them myself so they are done right	A.....	B.....	C.....	D.....E
When I am overwhelmed, I may consider lowering my expectations of myself	A.....	B.....	C.....	D.....E
When I am tired, but I still have a lot of work, I try to take a break and go back to it later	A.....	B.....	C.....	D.....E
I routinely exercise to cope with stress	A.....	B.....	C.....	D.....E
I find talking to friends or family helps me to cope with stress	A.....	B.....	C.....	D.....E
I use illicit drugs to relax and unwind	A.....	B.....	C.....	D.....E
I get adequate amounts of sleep to cope with stress				
I have at least one hobby that I use to cope with stress	A.....	B.....	C.....	D.....E

## LEISURE STYLE

	Strongly Disagree	Strongly Agree
I prefer leisure activities that are physically active	A.....	B.....C.....D.....E
I prefer artistic leisure activities such as going to plays and museums	A.....	B.....C.....D.....E
I enjoy creating things such as recipes, handicrafts	A.....	B.....C.....D.....E
I prefer outdoor leisure activities	A.....	B.....C.....D.....E
I prefer to engage in leisure activities with my partner	A.....	B.....C.....D.....E
I prefer social activities that my partner and I can share with other couples	A.....	B.....C.....D.....E
I prefer leisure activities with my same sex friends	A.....	B.....C.....D.....E
I like to party with my same sex friends	A.....	B.....C.....D.....E
I enjoy attending sporting events	A.....	B.....C.....D.....E
I enjoy participating in athletic events	A.....	B.....C.....D.....E
I enjoy home improvement projects	A.....	B.....C.....D.....E
I enjoy yard work	A.....	B.....C.....D.....E
I enjoy board games	A.....	B.....C.....D.....E
I enjoy making and repairing things with power tools	A.....	B.....C.....D.....E

I prefer leisure activities with my family

A.....B.....C.....D.....E

I enjoy watching television

A.....B.....C.....D.....E

I enjoy dining out

A.....B.....C.....D.....E

I enjoy reading

A.....B.....C.....D.....E

I enjoy listening to music

A.....B.....C.....D.....E

I prefer to spend my leisure time  
with my pet

A.....B.....C.....D.....E

## INTERESTS

	Strongly Disagree	Strongly Agree
I enjoy teaching young children	A.....B.....C.....D.....E	
I enjoy helping others with their problems	A.....B.....C.....D.....E	
I enjoy working towards a goal	A.....B.....C.....D.....E	
I enjoy promoting a product or idea	A.....B.....C.....D.....E	
I enjoy selling products	A.....B.....C.....D.....E	
I enjoy business activities	A.....B.....C.....D.....E	
I enjoy bookkeeping	A.....B.....C.....D.....E	
I would enjoy running my own business	A.....B.....C.....D.....E	
I prefer routine, repetitive tasks that don't involve much responsibility	A.....B.....C.....D.....E	
I like working outside	A.....B.....C.....D.....E	
I like fixing things with my hands	A.....B.....C.....D.....E	
I enjoy working with tools	A.....B.....C.....D.....E	
I enjoy reading literature	A.....B.....C.....D.....E	
I like solving intellectual problems	A.....B.....C.....D.....E	
I enjoy performing experiments	A.....B.....C.....D.....E	
I enjoy cooking	A.....B.....C.....D.....E	
I enjoy activities that involve creativity	A.....B.....C.....D.....E	

## FITNESS AND HEALTH

	Strongly Disagree	Strongly Agree
I place great value on personal fitness	A.....B.....C.....D.....E	
I place great value upon personal grooming and appearance	A.....B.....C.....D.....E	
Most people should exercise more than 30 minutes at least three times a week	A.....B.....C.....D.....E	
I give a lot of attention to eating a balanced diet including vegetables and fruit	A.....B.....C.....D.....E	
I find cigarette smoking and the use of other tobacco products offensive	A.....B.....C.....D.....E	
People should have a physician who they see regularly and follow their physician's advice	A.....B.....C.....D.....E	

## POLITICAL STYLE

	Strongly Disagree	Strongly Agree
I hold socially liberal but fiscally conservative political beliefs	A.....B.....C.....D.....E	
I hold socially conservative but fiscally liberal political beliefs	A.....B.....C.....D.....E	
I hold socially conservative and fiscally conservative political beliefs	A.....B.....C.....D.....E	
I tend to vote along straight party lines	A.....B.....C.....D.....E	
I view myself as independent of any political party	A.....B.....C.....D.....E	



## FAMILY VALUES

Please respond to each of the following items based upon the degree to which you agree to the following statement:

“I want my family to place importance on...”

	Strongly Disagree			Strongly Agree
Appearances	A.....	B.....	C.....	D.....E
Manners	A.....	B.....	C.....	D.....E
Being considerate	A.....	B.....	C.....	D.....E
Being respectful	A.....	B.....	C.....	D.....E
Being successful	A.....	B.....	C.....	D.....E
Wealth	A.....	B.....	C.....	D.....E
Being tough	A.....	B.....	C.....	D.....E
Being well liked	A.....	B.....	C.....	D.....E
Education	A.....	B.....	C.....	D.....E
Being resourceful	A.....	B.....	C.....	D.....E
Achievement	A.....	B.....	C.....	D.....E
Religion	A.....	B.....	C.....	D.....E
Spirituality	A.....	B.....	C.....	D.....E
Honesty	A.....	B.....	C.....	D.....E
Family closeness	A.....	B.....	C.....	D.....E
Family loyalty	A.....	B.....	C.....	D.....E
Independence	A.....	B.....	C.....	D.....E
Doing good deeds	A.....	B.....	C.....	D.....E
Public service	A.....	B.....	C.....	D.....E
Humor	A.....	B.....	C.....	D.....E
Enjoying life	A.....	B.....	C.....	D.....E

### Figure 3

#### The Compatible Lifestyle Questionnaire

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Now you are to complete the questionnaire describing your “ideal match.” Complete the questionnaire items as you would want your “ideal match” to answer the questionnaire.

#### PERSONALITY

	Not at all				Very
Patient	A.....	B.....	C.....	D.....	E
Flexible	A.....	B.....	C.....	D.....	E

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#### CONFLICT RESOLUTION STYLE

#### ROMANTIC STYLE

#### COMMUNICATION STYLE

#### COMMITMENT ORIENTATION

#### FINANCIAL STYLE

#### PARENTING STYLE

#### SOCIAL STYLE

#### PHILOSOPHICAL STYLE

#### CAREER STABILITY

#### COPING STYLE

#### LEISURE STYLE

#### INTERESTS

#### FITNESS AND HEALTH

#### POLITICAL STYLE

#### FAMILY VALUES

Please note that the questionnaire is not reproduced in its entirety.